

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/  
adrc](http://www.waukeshacounty.gov/adrc)

**After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

### Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

### Inside this Issue:

- We're on Facebook!
- Veterans' Resource Fair
- Fall Recipes
- Long Term Care Planning



October 2018

## The ADRC Connection

### Meet your ADRC Advisory Board and Nutrition Council!



Front row, L-R: Phyllis Wesolowski, Maria Cizel, Carla Friedrich; Back row, L-R: Judie Berthelsen, Patricia Carriveau, Sandie Heberling, Christine Howard. Missing: Susan Schweda, Paulette LaMountain

Thank you to the ADRC Board members who volunteer their time to advocate for seniors and adults with disabilities in our community, and oversee the operations of the ADRC. These committed members meet monthly to learn about community programs, provide input, and assist with developing strategies to meet the needs of our community. They are strong advocates for the individuals we serve and go above and beyond to conduct their duties. The Board members are appointed by the County Executive and approved by the County Board. Your community is fortunate to have these dedicated ADRC Board members.



Front row, L-R: Jan Muecke, Joyce Ahrens, Pat Lange, Mary Kraemer, Karen Moberg  
Back row: Chuck Muecke, Ardith McKittrick, Susan Ertel, Linda Babcock, Harry Fandel, John Schuetze, Mike Glasgow, Jim Dyer

The Nutrition Advisory Council is a group of appointed representatives from each of Waukesha County's 11 dining centers, representing our diners and Meals on Wheels clients. The Nutrition Advisory Council assists with evaluating, promoting, and advocating for the nutrition program and its participants. The council advises the nutrition program supervisor on all matters relating to the delivery of nutrition services, including feedback on menu and meal quality, locations and operations of dining centers and any other matters important to our meal clients. Thank you for advocacy and support!

# 2018 General Election-November 6<sup>th</sup>

For the traditional voter who enjoys the excitement of Election Day!

**Poll site ballots:** Voters living within their assigned districts on Election Day can vote from 7:00am to 8:00pm. The busiest times at the polls are first thing in the morning, during lunch hour and after work.

**Mailed Absentee Ballots:** This option is best for registered voters who are unable to get to the polls on Election Day, those who don't like lines, or those who prefer not to vote in-person during voting hours. Upon receiving your email, online or written request by mail, your ballot will be mailed to the address of your choice within one business day. Photo ID is required so be sure to attach a copy of your photo ID to your email, online or mailed request for a ballot. You will be sent a copy of the ballot along with a pre-paid postage envelope to return your completed ballot.

Check out the My Vote website at: <https://myvote.wi.gov/en-us/> to review the accuracy of your registration, request a ballot by mail, and upload a copy of your photo ID. You can also find information on the website regarding your assigned Ward, Sample Ballots, Polling Place or Elected Officials.

The deadline to mail a ballot out is Thursday, November 1<sup>st</sup>. All voted ballots must be returned no later than Election Day in order to be counted.

New!! Voter Registration with Online Convenience

Registration deadline for online or mail is October 17, 2018.

**Online:** Voters who have a valid State of Wisconsin Driver License or State of Wisconsin ID card issued by the Wisconsin Department of Motor Vehicles (DMV) can register to vote using the MyVote Wisconsin website: <http://myvote.wi.gov>.

To register **online**, the voter must enter a name, date of birth, Driver License or ID number and address that matches what is on file with the Wisconsin DMV. You will also need to upload a scanned copy of your ID. If all of the fields match, the voter will be able to send a proof of residence document. Voters who are not able to match their information with the information in the DMV database will be given the option to register by mail.

**Mail:** You may complete the mail option online, by printing the form out, signing and mailing according to the instructions provided in the MyVote website. To register by mail during open registration, mail your completed registration form and acceptable Proof of Residency to your City Clerk's office.

**In-Person:** After the cut-off date of October 17, 2018, you will only be permitted to register in person at your local City Hall or at the polling place on Election Day. Acceptable proof of residency is required.



## Who Will Watch Over Fido?

Pets are family and in the event of an emergency, we all want our pets to have the same love and care that we provide them. A pet alert card can help by giving emergency responders the names and telephone numbers of designated pet caregivers. The pet alert card also features necessary information about your pet including name and breed, location of food, medicines your pet may need, where leashes are kept and the name of your veterinarian or vet clinic. The card should be placed or hung in a highly visible location such as the front of your refrigerator.

Pick one up today by calling the ADRC or HAWS. The numbers are listed below. Assistance is also available for those needing help with filling out the card.



262-548-7848



262-542-8851





Down Syndrome Awareness Month is a chance to spread awareness, advocacy and inclusion throughout the community. During the month of October, we celebrate individuals with Down syndrome and make people aware of their abilities and accomplishments.

Below are little known facts about Down Syndrome:

- ♦ Down Syndrome occurs when an individual has a full or partial extra copy of chromosome 21.
- ♦ Down Syndrome occurs in people of all races and economic levels.
- ♦ There are three types of Down syndrome: trisomy 21 (accounts for 95% of cases), translocation and mosaicism.
- ♦ Down Syndrome is the most commonly occurring chromosomal condition.
- ♦ People with Down Syndrome have an increased risk for certain medical conditions.
- ♦ All people with Down Syndrome experience cognitive delays, but the effect is usually mild to moderate.
- ♦ Positive support from family, friends and the community enable people with Down Syndrome to lead fulfilling and productive lives.
- ♦ People with Down Syndrome attend school, work, have meaningful relationships, vote, and contribute to society in many wonderful ways.



WORLD  
SIGHT DAY

EYE CARE  
EVERYWHERE

World Sight Day is an annual day of awareness held on the second Thursday of October, to focus global attention on blindness and vision impairment.

For more details, visit <https://www.iapb.org/advocacy/world-sight-day/>

World Sight Day 2018 is on October 11, 2018.

The best protection  
is early **detection**



National Breast Cancer Awareness Month is observed every October. It is an annual international health campaign organized by major breast cancer charities to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure.

A variety of events around the world are organized every October. Of these events the pink ribbon campaign is the most prominent symbol of breast cancer awareness, and many countries use the pink ribbon and the color pink to raise money and increase screening and it has become a symbol of breast cancer awareness. The pink ribbon may be worn to honor those who have been diagnosed with breast cancer.

The pink ribbon is also associated with individual generosity, faith in scientific progress, and an optimistic "can-do" attitude. It encourages individuals to focus on the emotionally appealing ultimate vision of a cure for breast cancer, rather than the reality that there is no certain cure for breast cancer, and no guarantee there will ever be such a cure.



Typical events include fundraising-based foot races, walk-a-thons, and bicycle rides. Various landmarks are illuminated in pink lights as a visible reminder of breast cancer, and public events, such as the National Football League, may use pink equipment or supplies during their games. We can all do our part in breast cancer awareness, whether it is participating in an event, volunteering at an event or reminding a friend or loved one to get screened.

The Wisconsin Well Woman Program (WWWP) provides preventive health screening services to women with little or no health insurance coverage.

Well Woman pays for mammograms, Pap tests, cervical cancer screenings, multiple sclerosis testing for high risk women, and certain other health screenings.



Covered services are available from participating health care providers at no cost to Well Woman clients. There is no premium, co-payment, or deductible for the Well Woman Program. Not all covered services are available from every provider.

You are eligible if you are a woman age 45 through 64 and your income is within the program guideline limits, you do not have health insurance, or the insurance you have doesn't cover routine check-ups and screening, or you are unable to pay the deductible or co-payment.

Income limits in 2018 for a family of 1 is \$30,350, family of 2: \$41,150, family of 3: \$51,950

For questions and information on how to apply for this program, contact the Waukesha County WWWP contact Soraya Bericoto at 262-928-4107.

On Saturday, September 8<sup>th</sup> the 2018 Alzheimer's Association Walk to End Alzheimer's was held at Frame Park in Waukesha County. The walk was co-chaired by Tom Hlavacek and Monica Murphy.

Steve "The Homer" True of 540 ESPN welcomed walkers and served as the Master of Ceremonies and there was a surprise appearance by Bonnie Blair.

Thank you to Chef Jack for providing the food for the event and to 4 on the Floor for providing musical entertainment for the day.



The 2018 Waukesha County Walk had nearly 1500 participants and is projected to raise \$270,000 by the end of the year.

Thank you to all who participated in this year's event! We could not have done it without you!

# WE'RE ON FACEBOOK!

Looking to stay up to date on everything going on at the ADRC?

Like our page on Facebook to get all the latest information!

While on Facebook, search for

"Aging & Disability Resource Center of Waukesha County"

or find us at [www.facebook.com/ADRCWC](https://www.facebook.com/ADRCWC)

And don't forget to tell your friends and invite them to LIKE us too!





The **Waukesha County Public Libraries** offer a wide variety of programs, presentations, and activities for seniors. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Visit the library system at [www.bridgeslibrarysystem.org](http://www.bridgeslibrarysystem.org). Here are some of the available programs at local libraries in the county:

<p><b>Elm Grove Public Library</b>  <b>13600 Juneau Blvd.</b>  <b>Elm Grove, WI 53122</b>  <b>(262) 782-6700</b>  <i>Three Generations of Migrants: A Family History</i>  <b>Wed., Oct. 17 at 7:00 p.m.</b>  <a href="http://elmgrovelibrary.org">http://elmgrovelibrary.org</a></p>	<p><b>Menomonee Falls Public Library</b>  <b>W156 N8436 Pilgrim Rd.</b>  <b>Menomonee Falls, WI 53051</b>  <b>(262) 532-8900</b>  <i>Grandma Nellie's Scrapbook: Identifying and Interpreting Historical Photographs</i>  <b>Thurs., Oct. 25 at 6:30 a.m.</b>  <a href="http://menomoneefallslibrary.org">http://menomoneefallslibrary.org</a></p>	<p><b>Mukwonago Community Library</b>  <b>511 Division St.</b>  <b>Mukwonago, WI 53149</b>  <b>(262) 363-6411</b>  <i>Tai Chi for Beginners</i>  <b>Sat., Oct. 13 at 10:00 a.m.</b>  <a href="http://www.mukcom.lib.wi.us">http://www.mukcom.lib.wi.us</a></p>
<p><b>New Berlin Public Library</b>  <b>15105 W Library Lane</b>  <b>New Berlin, WI 53151</b>  <b>(262) 785-4980</b>  <i>Lincoln and Thanksgiving: Historical Performer of Abraham Lincoln</i>  <b>Wed., Oct. 10 at 6:00 Registration advised</b>  <a href="http://www.newberlinlibrary.org">www.newberlinlibrary.org</a></p>		<p><b>Pauline Haass Public Library</b>  <b>N64 W23820 Main St.</b>  <b>Sussex, WI 53089</b>  <b>(262) 246-5180</b>  <i>Max Out your Library Card: Using Overdrive and Flipster</i>  <b>Monday, Oct. 15 at 10:00 a.m.</b>  <a href="http://www.phplonline.org">www.phplonline.org</a></p>
<p><b>Pewaukee Public Library</b>  <b>210 Main St.</b>  <b>Pewaukee, WI 53072</b>  <b>(262) 691-5670</b>  <i>Haunted Road trip of Wisconsin with Allison Jornlin</i>  <b>Tues. Oct. 16 at 6:30 p.m.</b>  <b>Registration is required</b>  <a href="http://www.pewaukeeelibrary.org">http://www.pewaukeeelibrary.org</a></p>	<p><b>Town Hall Public Library</b>  <b>N76 W31429 Hwy. VV</b>  <b>North Lake, WI 53064</b>  <b>(262) 966-2933</b>  <i>Tech Tuesday, Free Tech Advice</i>  <b>Tuesday, Oct. 16 at 3:30-5:00 p.m.</b>  <a href="http://www.townhalllibrary.org">www.townhalllibrary.org</a></p>	<p><b>Waukesha Historical Society</b>  <b>101 West Main Street</b>  <b>Waukesha, WI 53186</b>  <b>(262) 521-2859</b>  <i>Doctor, Caregiver, Nurse, Healer: The History of Women in Medicine</i>  <b>Tuesday, Oct. 23 at 6:30 p.m.</b>  <a href="http://waukeshapubliclibrary.org">http://waukeshapubliclibrary.org</a></p>

## Library and Senior Center Medicare Presentations

Muskego Public Library, Tuesday October 2nd at 6:30pm  
 New Berlin Library, Monday October 15th at 10am  
 Elm Grove Library, Tuesday October 16 at 1:30pm  
 Mukwonago Library, Thursday October 18th at 10am  
 Sussex Civic Center, Monday October 22nd at 12:30pm

Big Bend Public Library, Tuesday October 23rd at 10am  
 Pewaukee Public Library, Wednesday October 24th at 1pm  
 Brookfield Public Library, Thursday October 25th at 1pm  
 Menomonee Falls Library, Monday October 29th at 10:30am  
 Brookfield Senior Center, Tuesday October 30th at 1pm

# COFFEE TEA & TALK

**Now being held at multiple locations!!**

Pewaukee Public Library  
210 Main Street, Pewaukee  
Or  
Brookfield Public Library  
1900 N. Calhoun Rd., Brookfield  
Or  
Stoney Creek Adult Community  
S69W14142 Tess Corners Dr., Muskego

**SEATING IS LIMITED  
RESERVATIONS REQUIRED  
CALL: (262) 548-7848**

**FOR OLDER ADULT LEARNERS**

## Depression in Older Life

Depression is not a normal part of aging. Come learn the risk factors, signs and symptoms.

- **October 4 from 10-11am at Stoney Creek**
- **October 16 from 10-11am at Pewaukee Library**
- **October 17 from 10-11am at Brookfield Library**

## Preventing Diabetes

1 in 11 adults have Diabetes. Come learn your risk factors, how you can prevent Diabetes and how to reduce your A1C..

- **November 20 from 10-11am at Pewaukee Library**

## Healthy Bones

Weak bones (osteoporosis) is NOT just a woman's disease. Learn about risk factors, recommended screenings and how to reduce your Osteoporosis risk.

- **November 1 from 10-11am at Stoney Creek**



**FREE FOOD AND COFFEE PROVIDED!**

# WAUKESHA COUNTY SENIOR DINING CENTERS

<b>Brookfield – 782-1636</b> – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	<b>Mukwonago – 363-4458</b> - Josh Birchrock Apts 280 Birchrock Way Monday thru Thursday at 12:00	<b>Oconomowoc – 567-5177</b> Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
<b>Butler – 783-5506</b> – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	<b>Muskego – 414-422-0420</b> –Jack Stoney Creek Adult Community Center 569W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45	<b>Sussex – 246-6747</b> – Nick Sussex Community Center W240 N5765 Maple Avenue Monday thru Friday at 12:00
<b>Hartland – 367-5689</b> - Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	<b>New Berlin – 784-7877</b> – Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	<b>Waukesha – 547-8282</b> – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
<b>Menomonee Falls – 251-3406</b> - Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	<b>Eligibility:</b> Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	



**Enjoy meeting and working with seniors? Consider this volunteer option:**

**Help with reassessment of Home Delivered Meal consumers–** Reassessments are done in the consumers' homes. Scheduling is flexible, training is provided, volunteers work independently, and arrange for the reassessment based their availability. **To learn more call the ADRC: 262-548-7848.**

## Welcome to Medicare Class

### Come learn about your options!

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. **Additional class offered on Wednesday, October 31st from 1-3pm.** Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

[www.waukeshacounty.gov/ElderBenefitSpecialistProgram/](http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/)





# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes 5-Way Mixed Vegetables Tropical Fruit	Chicken Cordon Bleu Wild Rice Blend Spinach Salad w/ Raspberry Dressing Rye Bread w/ butter Cinnamon Apple Slices	Oven Roasted Chicken on the bone Potato Salad Green Bean Casserole Multigrain Bread butter Banana Cake w/Icing Alt. Banana	Green Pepper Casserole Dill Baby Carrots Garlic Breadstick w/ butter Fresh Orange Lemon Pudding Alt. Sugar Free Pudding	Oven Roasted Pork w/ Apricot Glaze Mashed Sweet Potatoes Key Largo Vegetables Biscuit w/ butter Apple Crisp Alt. Fresh Apple
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Swedish Meatballs Buttered Egg Noodles Creamed Spinach Bread w/Butter Tapioca pudding Alt. Diet Pudding	Turkey Burger w/ Provolone on Whole Wheat Bun Ketchup / mustard pkts Cottage Fries ketchup Buttered Sweet Corn Pineapple	Beef Stew with Carrots and Potatoes Green Sweet Peas Cornbread w/ Butter Applesauce Pumpkin Pie w/ Whipped Topping Alt. Diet Pudding	Tuna Salad on Croissant w/ lettuce & tomato Pickled Beet Salad Fruit Salad Lemon Sunshine Cake Alt. Diet cookie	Garlic Lemon Chicken Baked Sweet Potato w/ butter 3-Bean Salad Wheat Bread w/ butter Cookie Alt. Diet Cookie
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Cabbage Roll Egg Noodles w/ butter Green & Wax Beans Bread w/ butter Pear Halves Rice Krispies Treat Alt. Applesauce	Creamy Mushroom Chicken Breast Baby Reds w/ butter Winter Blend Veg Dinner Roll/Butter Chocolate Mousse Alt. Diet Pudding	Meatloaf w/ Gravy Mashed Potatoes w/ Beef Gravy Calico Beans Bread/Butter Fruited Gelatin Alt. Sugar Free Gelatin	Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Dinner Roll w/ butter Grapes	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Diet Cookie
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Open-Faced Turkey Sandwich on Whole Wheat Bread w/ Gravy Mashed Potatoes / gravy Peas and Carrots Oatmeal Raisin Cookie Alt. Pineapple	Roast Beef w/ Gravy Mashed Potatoes/ gravy Buttered Sweet Corn Dinner Roll /butter Dessert Bar Alt. Fruit Cup	Bratwurst on a Bun With Sauerkraut Ketchup / Mustard pkts German Potato Salad Spinach Salad w/ Dressing Applesauce	Chicken Salad on Kaiser Roll with Lettuce, Tomatoes Tomato & Onion Salad Sun Chips Watermelon	Vegetarian Lasagna Cranberry Juice Italian Blend Vegetables Italian Bread/Butter Tropical Fruit
<b>29</b>	<b>30</b>	<b>31</b>		
Cranberry Meatballs White Rice Oriental Vegetable Blend Vienna Dinner Roll w/ Butter Tropical Fruit Cup	Roast Pork w/ gravy Mashed Potatoes w/ gravy Sweet & Sour Cabbage Applesauce Marble Rye w/ Butter Apple Strudel Alt. Fruit	<b>All Hallows' Eve</b> Cauldron Chicken Stew Giant Stomped Potatoes w/ Gravy Witches Carrot Sticks w/Ranch Goblin Grapes Jack O Lantern Muffin		<b>PLEASE NOTE:</b> 1% MILK included <b>ALT= LOW SUGAR ALTERNATIVE</b> <i>Menu subject to change without notice</i>

# ask INA

Dear Ina,

I am getting older and, while I'm very independent now, soon will come a time when I will need more help in my home! I want to avoid needing to go to a nursing home when I'm old. When should I start planning for my future needs?

Signed,

Abe L. Still

What a great question! It just so happens that October is Long Term Care Planning Month. We highly encourage everyone to start thinking and planning NOW for the future. You never know what could happen; and being prepared for the worst is always a great idea.

## What is Long-Term Care?

Long-term care is a range of services and supports residents may need to meet their personal care needs. Most long-term care is not medical care, but rather assistance with the basic personal tasks of everyday life, sometimes called Activities of Daily Living (ADLs), such as:

- |            |                    |            |
|------------|--------------------|------------|
| • Bathing  | • Using the toilet | • Mobility |
| • Dressing | • Transferring     | • Eating   |

## Do you have a plan in place?

This month, seniors and those acting on their behalf are encouraged to develop a plan to help meet the high costs of long-term care. For the most part, a majority of long-term care costs are **not** covered by most health insurance plans or Medicare. That is where planning for Long-Term Care becomes so important. The ADRC encourages families to explore long-term care planning options.

There are, of course, advantages to planning ahead before the need arises. By preparing for the future, you can make choices for how and where you wish to spend your later years. It also removes the burden from adult children and others to make choices for you, a task not often easy or enjoyable.

Currently, Medicare only covers medical and rehabilitative care (doctors and nurses) and does not cover non-medical care including help with activities of daily living (ADLs). Medicaid will cover the cost of long-term care but only after an individual has depleted all their assets, and the choice of Medicaid facilities or Medicaid in-home services are very limited.

## Why Plan Ahead for Long-Term Care?

- Long term care is a leading cause of catastrophic out-of-pocket health care costs for the elderly and their adult children.
- By planning ahead, seniors will increase the time they have for saving up sufficient money to get the help they want when they need it and avoid needing to rely on publicly funded services provided through the government.
- By planning ahead when seniors are in relatively good health, they greatly increase the chances for qualifying for Long-Term Care Insurance which will cover most, if not all, of their non-medical long-term care costs.

There are a number of ways to get started in planning. Here are a couple of very helpful sites to begin navigating this process <https://www.longtermcarelink.net> and <http://longtermcare.gov>.

If you want to know the steps you can take to understand your options, you can call the ADRC of Waukesha County to request Options Counseling assistance.

As you age, you can feel better knowing there are steps you can take to ensure that your wishes, both medical and financial, are carried out the way you want them. We encourage you to start this month, in taking a look at your future. We are here to help if you have any questions.

# Pumpkin Milkshake

Makes about 4 (3/4 cup) servings

Ingredients:

1 cup canned pumpkin, frozen\*  
2.5 cups 1% milk  
3 Tablespoons brown sugar  
Cinnamon to taste



**Try these healthy Pumpkin and Squash Recipes!**

Directions:

Blend all ingredients together in a blender for a creamy fall drink.

\*To freeze pumpkin: split the contents of 1 can of pumpkin into two small freezer bags, about 1 cup in each bag. (Pressing the pumpkin flat will make it easier to break apart or thaw later). Freeze for at least 2 hours.



## Pumpkin Applesauce

Makes 2 (1/2 cup) servings

Ingredients:

1/3 cup canned pumpkin  
2/3 cup applesauce  
Dash cinnamon

Directions: Mix pumpkin into applesauce.  
Add a dash of cinnamon to taste. Enjoy!

## Spicy Pumpkin Soup

Makes 4 (1 cup) servings

Ingredients:

2 1/2 cups chicken broth  
1 (15 ounce) can pumpkin puree  
1/2 onion, chopped  
1 clove garlic, minced  
1 teaspoon Cajun seasoning  
1/2 cup cream or evaporated milk

Directions:

1. Heat chicken broth, pumpkin puree, onion, garlic, and Cajun seasoning to a boil in a saucepan over medium-high heat.
2. Reduce heat to low and simmer for 45 to 60 minutes, stirring every 15 minutes.
3. Stir in cream or evaporated milk before serving.

For squash soup: Substitute 2 cups of cooked and mashed or pureed winter squash for the pumpkin.

## Stuffed Acorn Squash

Makes 4 servings

2 medium acorn squash (halved and seeded)  
2 tsp oil (olive, canola, or vegetable)  
1/2 tsp black pepper  
1 cup canned black beans, drained and rinsed well  
1/4 cup chopped nuts (any variety)  
1 large tomato, chopped  
2 green onions, thinly sliced  
1 tsp ground cumin  
2 oz reduced-fat Monterey Jack cheese, shredded (about 1/2 cup)

1. Preheat oven to 425 degrees. Coat baking sheet with oil.
2. Brush cut sides and inside of squash with oil. Sprinkle with 1/4 teaspoon of pepper. Place cut-side down on the baking sheet. Bake 30 to 40 minutes until tender. Turn cut side up.
3. Mix beans, nuts, tomato, green onions, cumin, and remaining 1/4 teaspoon pepper in medium bowl.
4. Spoon about 1/2 cup of bean mixture into each squash half, pressing down gently to get all filling in. Sprinkle evenly with cheese.
5. Bake 10 to 15 minutes, until cheese is melted and golden brown.

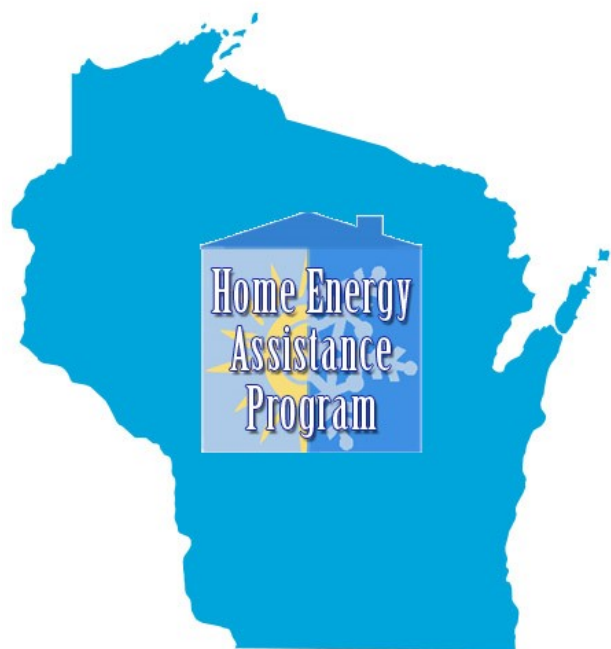




## 2018-2019 Energy Assistance Programs

There are several ways to obtain assistance if you are unable to afford your heating bills this winter. Most power companies offer budgeting plans so consumers can spread out the high costs of winter heating throughout the year. Contact your energy provider for details.

Another source of help with winter heating bills is WHEAP, the Wisconsin Home Energy Assistance Program. Applicants must meet income eligibility limits which have been set at 60% of state median income levels. For the 2018-2019 heating season, the gross income limit for a single person is about \$2290 per month. The limit for a couple is \$2994.58 per month. Applicants to the program must provide information including proof of household income, Social Security cards, a current energy bill, and if heat is included with rent, a rent statement or letter from landlord that confirms that heat is included in rent. There may be other factors that affect eligibility, but if your income falls within the above guidelines, and you need assistance, you should apply.



WHEAP will provide a one-time payment to your energy provider during the October 1<sup>st</sup> to May 15<sup>th</sup> heating season for either heat or non-heat electricity. The payment will only cover a part of the heating costs. The amount received will depend on household size, income, and heating costs. Assistance is available whether you heat your home with wood, propane, electricity, fuel oil, or natural gas.

WHEAP may also be able to provide assistance if a furnace breaks down during heating season. Assistance with either repair or replacement costs may be available. Another service offered by WHEAP is weatherization assistance for homes. The goal of this program is to reduce heating costs. Energy auditors are sent out to homes to determine what is needed. Assistance can come in the form of insulation, replacement of old, inefficient furnaces or water heaters, and reduction of air leakage.

Contact your local WHEAP Agency for more information or to apply for assistance. The number for Waukesha County is 262-549-9666. You can also call 1-866-HEATWIS (432-8947).

Information can also be obtained at [www.homeenergyplus.wi.gov](http://www.homeenergyplus.wi.gov).

World Food Day is on October 16th every year. Initiated by the Food and Agriculture Organization of the United Nations in 1945, this national day adopts a different theme each year to highlight a need for action. Most themes revolve around agriculture and its importance in fighting hunger around the world by raising awareness of the issues behind poverty and hunger. The theme for 2018 is “Our Actions Are Our Future.” World Food Day is organized to bring awareness to how our changing planet affects food production and distribution with an ultimate goal of building a Zero Hunger Generation. The hope is that individuals will invest in the fight to end hunger worldwide by facilitating and stimulating local agriculture.

World Food Day activities provide education to individuals on ways they can change simple daily habits and decisions to make a difference. Everyone can make an impact on hunger by not wasting food, plant a garden, donate food, adopt a healthier more sustainable diet and advocate for others in their community and worldwide. The Food and Agriculture Organization of the United Nations has related resources help individuals understand the important global issues such as poverty, conflict and climate change that impact the world’s food supply and distribution. Visit [www.fao.org](http://www.fao.org) for information on how you can help the world achieve Zero Hunger.





# Halloween Cryptogram

Can you solve this cryptogram?

The answer is a funny joke for Halloween!

(Answer on the bottom of this page)



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
6					21		11							14					4			15			

W H \_\_\_\_\_ I \_\_\_\_\_ A \_\_\_\_\_ A \_\_\_\_\_  
 15 11 18 23 3 23 23 12 6 5 25 26 6 19 17 17 23

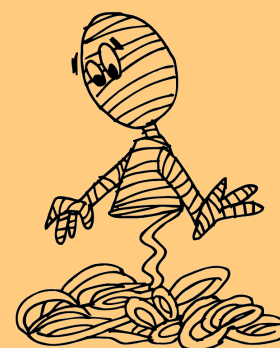
T O \_\_\_\_\_ I \_\_\_\_\_ I T T H \_\_\_\_\_ O \_\_\_\_\_ T O \_\_\_\_\_ ?  
 4 14 10 3 2 3 4 4 11 17 23 14 5 4 14 R

\_\_\_\_\_ A \_\_\_\_\_ H \_\_\_\_\_ W A \_\_\_\_\_ O F F I \_\_\_\_\_ !  
 24 17 5 6 25 2 17 11 17 15 6 2 5 14 21 21 3 19

Enjoy More Halloween Jokes!

1. Why did the skeleton drink eight glasses of milk every day?
2. Why wasn't there any food left after the monster party?
3. Who won the skeleton's beauty contest?
4. What kind of shoes does a ghost wear?
5. Where do movie stars go on Halloween?
6. Who did Dracula bring to the dance?
7. What did the ghost put on his ice cream?

1. Milk is good for the bones.
2. Because everyone was a goblin!
3. No body!
4. Booooots
5. Maliboo
6. His ghoul friend
7. Whipped scream



Why Did Dracula need to visit the doctor? Because he was coffin!

# *Benefit Specialist Corner*

## How to Choose a Medicare Part D Prescription Drug Plan

If you have a personal computer or have access to one, finding and choosing a Medicare Part D Prescription Drug Plan can be done in four easy steps.....



Go to: <http://www.medicare.gov> Click on: **Find Health & Drug Plans** in green box on left and enter the zip code for your permanent residence (your zip code registered with Medicare) in the box entitled “General Search”

Scroll down, click on : **Find Plans >** To enter the Medicare Plan Finder

### Medicare Plan Finder

Step 1 of 4 – Answer the three questions; if you are not sure, check: I don’t know then click on: **Continue to Plan Results >**

Step 2 of 4 –Enter the name of each prescription drug you are taking; after each one, click on: **Find My Drug >**

Indicate Dosage, Quantity, Frequency, and Pharmacy Type in pop-up menu. Click on: **Add Drug and Dosage.** Continue adding all of your medications including topical prescription medications for your skin, eye and/or ear drops. (Tip: Write down the Drug List ID, Password Date, and Zip Code. You can re-use this list instead of starting over each time you use the Medicare Plan Finder.)

After you have entered all of your drugs, review the “My Drug List” box for accuracy; then click on: **My Drug List is Complete >**

Step 3 of 4 –Find the pharmacy or pharmacies where you buy your drugs, and click on: Add Pharmacy.

If you do not see your pharmacy in the list, increase the number of miles from your zip code. (This can be done in the drop down menu at the top of the pharmacy list.) Once you have selected your pharmacies, click on: **Continue to Plan Results >**

Step 4 of 4 –Under Summary of Your Search Results; select the Prescription Drug Plans box.

(Click inside the box to select.) You can also refine your results by selecting filtering criteria in the left column, but that is not required. (If you refine your search, you must click the Update Plan Results button to save your changes (at the top of the column).

Scroll down and click on: **Continue to Plan Results >**

### Your Plan Results

Scroll down to: Prescription Drug Plans.” It will list the plans in the order of “Estimated Annual Drug Cost.” Results can be filtered in the drop down menu box on the right. You can check up to three boxes to compare those plans side by side. After you have clicked the plans you want to compare click on: **Compare Plans >** at the top.

At the top of Your Plan Comparison you will see several tabs; make sure you are on the tab: Drug Costs & Coverage. Here you can view your estimated annual drug costs, premiums and deductible (if any) and the cost of the drug during each month of the year. You can also click on any words in blue print to find out more information.



**Waukesha County Residents do you need help comparing 2019 Medicare plans? Fill out and return the form below**

When we receive your form, we will complete a personalized search of your top 3 lowest cost Drug and/or Advantage Plans. Please attend our new workshops to pick-up your packet and understand the results. Please sign-up below for a workshop or online at <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram>; otherwise, your plan comparisons will be mailed. Medicare Open Enrollment runs from October 15<sup>th</sup> – December 7<sup>th</sup>.

Call 262-548-7848 with questions.



*Mail to or drop off in person:*

ADRC, 514 Riverview Ave, Waukesha WI 53188

*Email to:* [adrc@waukeshacounty.gov](mailto:adrc@waukeshacounty.gov) *Fax to:* #262-896-8273

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Current Plan \_\_\_\_\_

Medicare ID # \_\_\_\_\_

Start Date: Part A \_\_\_\_\_ Part B \_\_\_\_\_

Pharmacy Preference \_\_\_\_\_

How do you want to receive your plan comparisons?

(please check one)

☐ Mailed

☐ Workshop

Attend Workshop:

☐ Thursday 10/18, 1-2pm

☐ Monday 10/22, 10-11am

☐ Wednesday 10/24, 10-11am

☐ Tuesday 10/30, 1-2pm

☐ Monday 11/5, 10-11am

☐ Monday 11/12, 1-2pm

☐ Friday 11/16, 1-2pm

☐ Tuesday 11/27, 10-11am

☐ Thursday 11/29, 1-2pm

☐ Monday 12/3, 1-2pm

Drug Name	Dose Amount	How often Taken

I understand that the accuracy of the Medicare Plan Finder depends upon the information entered by the Centers for Medicare & Medicaid Services, as well as the information that I have provided to the Elder Benefit Specialist regarding my medications and pharmacy preferences. The Medicare website is subject to revision and/or error. The most accurate information is available by contacting the plan directly. **We recommend that you contact the plan before you enroll to be sure that your medications will be covered and that your pharmacy is part of the plan you select. The EBS is not recommending any particular plan.** I have selected the plan that best suits my needs and budget. I take full responsibility for the plan that I choose. **I understand that any and all follow-up matters with this plan are my responsibility.** If I have reason to believe that the enrollment did not go through for some reason, I will notify the plan immediately. **I understand that all enrollments must be made by December 7<sup>th</sup>, 2018.**

I acknowledge that participants can generally only change Medicare plans once per year during the Annual Enrollment Period. By enrolling in this plan now, I understand that unless I qualify for a special enrollment period, I will probably have to stay in this plan for a year before I can drop or switch plans again.



Elder Benefit Specialist Program

Medicare Beneficiary signature: \_\_\_\_\_ Date: \_\_\_\_\_

ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848